

Pandemic H1N1 UPDATE

KEEPING PARTNERS INFORMED ABOUT PANDEMIC H1N1 IN LOS ANGELES COUNTY

*Welcome to the first edition of **Pandemic H1N1 Update!** This publication will provide timely and credible information from the Department of Public Health for Los Angeles County community groups and residents.*

Public Health's Response to Pandemic H1N1

Flu is a serious illness. Pandemic H1N1 (formerly called swine flu) is no exception.

Since April 2009, Pandemic H1N1 has spread easily from person to person and disproportionately affected younger age groups. A number of people, many with underlying conditions, have even died from this virus.

That's why the Los Angeles County Department of Public Health takes Pandemic H1N1 influenza very seriously.

Public Health is currently taking the following actions to protect the health of LA County residents:

- Conducting influenza surveillance
- Coordinating the provision of seasonal and H1N1 vaccines.
- Promoting prevention messages to limit the spread of disease in communities.
- Communicating risk and disease updates.

Community partners, like you, are essential to spreading accurate information throughout LA County.

Please use this issue and future ones to keep yourself and your partners abreast of Pandemic H1N1 activities. Visit our Website for the latest Pandemic H1N1 and vaccine information:

www.publichealth.lacounty.gov.



Preventing H1N1 or Seasonal Flu

No matter the type of virus, preventing the flu requires little effort. Follow these tips to keep healthy:

- **Cover** your nose and mouth with a tissue when you cough or sneeze.
- **Wash** your hands often with soap and water. Gel sanitizers (such as Purell®) are also effective.
- **Avoid touching** your eyes, nose, or mouth since germs spread that way.
- **Avoid close contact** with sick people.
- **If you're sick, stay home** and rest for at least 24 hours after fever ends.



Who Is at Risk for Flu?

There can be more than one flu virus circulating among LA County residents at any time. That’s why both the seasonal flu **and** H1N1 vaccines will be available later this fall. The best way to prevent getting the flu is by a getting a flu shot. However, one vaccine won’t prevent getting both flu types because they’re caused by different germs.

Since each virus is unique and puts different groups of people at risk, the Centers for Disease Control and Prevention recommend the following groups get the vaccines detailed below:

SEASONAL FLU VACCINE IS RECOMMENDED FOR...

Anyone that wants to reduce their risk for seasonal flu .



H1N1 VACCINE IS RECOMMENDED FOR...

Pregnant women

Children and young adults from 6 months to 24 years

People caring for infants under 6 months of age

People aged 25-64 with a chronic medical condition

Health care workers

Emergency medical providers



Vaccine distribution will be through doctors’ offices, some pharmacies and workplaces, other private organizations, and through some public organizations, such as the Department of Public Health.

For the latest vaccine information visit these Websites:
www.publichealth.lacounty.gov or www.findaflushot.com.

Flu Medications

Most people don’t need medicine for H1N1 and will get better on their own with rest and fluids. Keeps these things in mind when thinking about taking flu medication:

- Antivirals, such as Tamiflu® or Relenza®, are not vaccines and shouldn’t be used without a doctor’s guidance. These medications prevent problems in most severe flu cases.
- Antivirals are not effective against all types of flu.
- Antibiotics are not effective against viruses.
- Take acetaminophen (Tylenol®), ibuprofen (Motrin®, Advil®), or naproxen (Aleve®) **NOT** aspirin (acetylsalicylic acid) for fever and body aches.

H1N1 Resources

Centers for Disease Control and Prevention (CDC)

(800) CDC-INFO

(800) 232-4636

www.cdc.gov/h1n1flu/general_info.htm

California Department of Public Health

(888) 865-0564

www.cdph.ca.gov

Los Angeles County

Dial 2-1-1 to find health care services in your area